IMEC (Marie Cobel) with “Friends”
August 20, 1984

Session 10: Mental Fasting

Summary: It is important not to get the channel working on thought proving subjects prior to a session. 2:30 Mental Fasting: Clearing memories and other thoughts prior to the channeling.

Extended Summary: Mental fasting: clearing memories and other thoughts prior to the channeling. The entities that believe in reincarnation do they enter into your plane of existence? No. What happens to them? They enter their belief system. Do you communicate with others out of your plane of reality? We are not individuals.

Report by Daniel Erickson
Extended summary by S. Solomon